

UNITY DAILY WORD

A Page of Sunshine for Every Day



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December 20 to January 19

Christ, the living Word, quickens, illumines, and inspires me.

In the presence and power of Jesus Christ, I proclaim my perfect health.

In the presence and power of Jesus Christ, I proclaim my prosperity.

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JANUARY
1934

UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

Light in Darkness

{Saith the Lord:}

I, who dwell within their own
souls,

Destroy the darkness born of
their unwisdom

By the shining lamp of wisdom.

—*From the Hindi*

SECRET THOUGHTS

If you were ne'er to think a thought
That you from God would hide,
You'd always think the good and true;
In heavenly peace abide.
Your mind would then be crystal clear—
No darkened thoughts there found;
The light of heaven would shine through;
In peace you would abound.

If all your secret thoughts were seen
By those who know you well,
Would you be proud of their display?
Would they in friendship dwell?
I'm sure we have no secret thoughts,
I feel that they are seen:
Upon our countenance they flash
Like pictures on a screen.

If we would think but holy thoughts,
And think the good and true,
No shame we'd feel at secret thoughts
If they should come to view.
But man has secret thoughts he'd hide
Or be misunderstood;
How fortunate, we think, man is
That God sees only good!

LIFE BEGINS FOR ME ANEW



AT THE BEGINNING of each day, life begins for me anew. At the close of each day, I emerge from an old world into a new. This is a provision of God whereby I am daily purified and renewed. Each new day gives me an opportunity to begin life anew.

When I go to sleep at night, the merciful and compassionate Spirit of Christ frees my mind from all memory of unpleasant events of the day that is closing. I give up all tendency to blame myself for the mistakes of the day, since I have acted according to my best judgment at the time. I cease to condemn myself for what I have thought, said, or done during the day. I give myself into the care of the Spirit of Christ and I am loved and forgiven.

I go to sleep at night realizing that I am infolded in the presence of Christ. I know that at the close of the day I make a break with all unpleasant memories, with all thoughts that would give me anxiety or worry. The day that closes, closes the old world to me. Pleasant sleep becomes to me the vestibule through which I enter the new day, the new world, and the new life.

In sleep, I am refreshed by the Spirit of peace and love. I awake to a new day, new possibilities, new opportunities. I enter a new world into which I take no unpleasant memories or worries of the preceding day. I will not sully my new day by carrying into it any adverse or negative belief. I give thanks for

each day and greet it at dawn with a happy heart and a smile.

At dawn I realize that I have never before lived in the new day and that it will have pleasant surprises and many blessings for me. I realize that I have but twenty-four hours to extract from it all the blessings that it has to offer to me. I greet each friend with the realization that he is renewed in the new day. He is especially renewed in my conception of him, since he is freed from any limited belief that I have entertained about him in the past. I behold him in a new light, unfettered by his limitations of the past.

I begin the day with the realization that some great good is in store for me and I know that this cannot escape me. I realize that no blessing can pass me by when I am receptive to it. No good from heaven can find me in a mood to be unfriendly toward it.

I rejoice each morning that I am freed from every limiting belief that I have previously entertained about myself. I rejoice to know that I approach each day with the realization that my health problems of the previous day have been solved. I greet each day with the realization that it brings me the consciousness of what I am in the Truth of Christ—whole and well. I know that I am being quickened to the realization that in Spirit I am a child of God, fearless and free. I am ready to accept every good that comes my way and to draw to me the blessing that comes from Christ as

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He draws near to me.

I realize in the new day that my failures of the past belong to the past. My success belongs to the present, the new day. No failure of the past can affect the success and prosperity of the new day. The new vision that comes to me in my new day reveals to me fresh opportunities for success.

I cease to look to tomorrow for my happiness. I realize that I can be happy tomorrow only through building up a consciousness of happiness today. In Spirit, today is the only time. It is the eternal now and the timeless time of Spirit. How important it is that I should live today to the full and draw from it all the good that it has to offer me!

Today I realize that neither person nor thing can keep me from enjoying the blessings of God. Nothing external to me can keep me from realizing that Christ in me is greater than that which is external to me. I turn my attention to the power of Christ in me and realize that it is the power that gives me light, peace, joy, love, health, and plenty. His presence becomes the presence of the good I desire in my life.

This is the way I greet my new day. It is the way I turn in thought to God and give thanks for the good that is given to me. I am grateful and thankful for every evidence of the goodness of God.

I rejoice to live in the consciousness that all good comes to me now.

THE LOST WORD FOUND

MAN HAS felt for generations that the key to spiritual understanding and power has been lost. Students of religion and spiritual philosophy have sought for some affirmation or word that would help them more easily to enter and live in spiritual consciousness. Teachers of the new Christianity often promise their students the secret word that will open to them the doors and windows of heaven.

How often we have pondered over these words: "In the beginning was the Word, and the Word was with God, and the Word was God." It is a sentence that has baffled students of theology throughout all time. It seems to be something almost apart from the rest of the Bible. "The Word was with God." Let us think of it in this way: The Word was "with God."

Aside from various interpretations that may be given to the whole sentence, we can find a great deal of interest in this part of it: The Word was "with God." What if those who are seeking the lost word or key to spiritual consciousness would use this word: "With God"! What if they would use the simple thought "With God" in all their deliberations and dealings!

The 1st chapter of the New Testament recalls to our mind the promise in Isaiah that the son of the virgin should bear the name of Immanuel; but it was a secret or mystical name. When Jesus came in person He was never re-

ferred to as Immanuel. This mystical name is nothing but the Hebrew for "God with us." The Savior that comes to us is the word "God with us." Students of Truth for some reason or other have failed to see the power of the word Immanuel. Remember, the Word was "with God." Also, the saving word is "God with us."

What more could we hope to obtain through finding the lost word than to find the consciousness that God, the good, is always with us and we are always one with Him? What better affirmation could we use than "God with us"? Certainly, the realization of the truth of this thought puts an end to all limitation and adversity. Surely, if God is with us, there cannot be anything unlike God with us. If we realize that He is ever with us, we cannot think of having with us something that is evil in its nature.

Immanuel! This is the sacred name by which the Savior was promised to mankind. Man was to know the mystical Christ as "God with us" even though the person who later appeared was given the name of Jesus. Why should not man always know that God or Christ is with him even though to fleshly eyes he may not be able to behold the man Jesus? Why should not man take "Immanuel," this secret word, as his word of power? Even when in trouble and distress he can use the word "God with us," and see it do its mystical and secret work of power. In time of disease, he can

know that the mystical Christ is with him through his consciousness of "God with us."

The "lost word" is the lost authority, understanding, and consciousness. When an executive gives or sends his word he gives or sends authority. The most timid employee when bearing the word or authority of his chief feels a sense of confidence and assurance. We, in turn, can do all things when we know that we have with us the word and authority of Christ.

When next you need help, take the word "God with us." If you want to make it more direct, change it to "God is ever with me." Jesus did not remind us of His secret name Immanuel, but He did say, "Lo, I am with you always," which conveys the same thought. This is the last verse of the last chapter of Matthew, the first chapter of which recalls to mind the name Immanuel.

The Christ within us says, "I am with you always. When you believe in fear, I am right with you to inspire you to confidence. When you believe in disease, I am with you to direct you to the truth about your health. When you think of lack or failure, I am with you as your bread of life, as your constant inspiration to succeed. When things of the external world prove to be a disappointment, I am with you still."

The most fundamental of all teachings of Unity School is that of God's unity with man: God with us. We claim the promise of the Christ and know that He is with us always.

HEALTHY REACTIONS



YOUR REACTIONS to the little situations in life make you either healthy or unhealthy in mind and in body. If you are inclined to resist and to fight in mind the situations you have to meet, you will find that you set up a state of tension in the body. If you are unfriendly toward the persons you meet, your mental attitude causes an adverse state in your physical condition. If you are loving in your reactions, your physical body receives a certain loving reaction.

We have our choice in the matter of reactions. No external power or person has the power to decide for us what our reaction shall be. We alone decide such a matter. We can be loving or kind in our relations with others. We can approach our work in either a happy or an unhappy spirit. We can be either responsive or unresponsive in meeting our fellows.

One of the greatest blessings that is ours to enjoy is our freedom to think what we want to think. No one else can in any way cause us to think something that we do not want to think. We can think in terms of love even though the whole world should want us to think in terms of hate and fear. We can train ourselves to react wholesomely and healthily to all situations.

I recall an experience I had several years ago that makes a good illustration. One evening I had an engagement, which seemed to become more undesirable as the time for it

drew near. I went out to the house, stopped my car, and began to analyze my thoughts and feelings. I seemed to be mentally set against meeting the engagement. In the language we often hear about such feelings, I would rather have taken a licking than meet the situation.

I was rather young in the study of Truth at the time, but my understanding was sufficient to help me get hold of myself. It dawned on me that my whole resistance to the situation was mental and that I had allowed my adverse thought to magnify itself so that my good judgment was more or less obscured. I began to think of several friends who would enjoy the engagement; something that had not been given them to enjoy. I realized that there were many present who would enjoy the evening. This line of thinking caused me to see that my whole problem was mental and that I could not go ahead save with a change of mind. Suddenly I had this change of mind and the whole situation became laughable.

I had a most delightful evening, made several new friends, and learned quite a lesson. The next day I heard that one person had remarked about my congeniality! Secretly I thought what a different impression he would have had if I had not changed my mental attitude!

This experience shows how a miserable evening in prospect was changed into a most delightful one. We can be on the safe side only by keeping our mind peaceful and friendly.

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No doubt, there is many a person who has lost friends and money because he did not know the secret of acquiring a healthy mental reaction. A young salesman without a healthy and wholesome mental attitude cannot get very far in his business. The young woman who is unhealthy in her thinking, unkind in her relations with others, finds herself in ill health and with a limited number of friends.

A peaceful and healthy mental attitude is sure to have its reward. Such an attitude helps us to manifest peace and health in our physical body. Such a state of mind will certainly draw to us congenial friends and associates. The very Spirit of God is revealed in the mind of the peaceful person.

The congenial and responsive person has reacted in a healthy way to situations so often that it has become second nature to him. His congenial attitude shows the inner working of his mind. He reacts to life itself in a friendly manner, and life in turn is kind to him. He is responsive and receptive to all that life bestows upon him, and life is generous in the giving.

If you are mentally fighting something today, change your attitude. Rest the overworked cells of your brain and think in terms of peace and love for a while. Your resistance but acts as a barrier to the good that might come to you. Your friendly and peaceful reaction will prove to be the power that transforms conditions for you and makes you master and victor.

WHO IS OUR FRIEND?



HE is our friend who passes some magic wand over our head and we forget our mistakes of the past. When we are inclined to remember some misdeed of yesterday, he helps us to forget. When we are inclined to think of our personal shortcomings, he recalls to our mind the good that we have in us. In his presence, we need no mask of pretense; we are just ourselves. When worry crosses our brow, he is prompt to offer words of cheer. When problems need solving, he has the solution. He anticipates our every need. When we think that we are ill, he gives us the word of health. When the darkness assails us, he brushes aside the curtain and reveals the light of heaven. When we are alone and unsteady in our thinking, he comes to our side. When we are in danger, his hand reaches out to us.

He whom we call friend comes as a messenger of heaven, heaven-directed in our extremity, but we know this not. We little know whence comes his inspiration, or that heavenly powers are ministering to us. We just accept his loving service and call it friendship.



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MONDAY, JANUARY 1

I am free because Christ in me has set me free from all belief in bondage.

WE ARE set free from all belief that we are in bondage to persons or things when through Christ in us we are lifted to a consciousness of perfect freedom. We give up the belief in bondage to accept the truth of our freedom in Christ. We cease to think of external things as having power to limit or to bind us, and realize that we are free.

Virtually every person lives in the belief in bondage until he is set free through an understanding of Truth. There he learns to think in a new way. He ceases to believe that external things can bind him. He realizes that Christ in him is lord of all.

If you think you are in bondage to external things, correct your thought. Realize the truth of your freedom. Turn your attention to the presence of Christ within you, the source of your absolute and unconditioned freedom.

You cannot be free as long as you believe in bondage. You are free to the extent that you can reach the consciousness of freedom and abide in it. Your freedom is the expression of Christ within you. Live in this freedom.

He that was called in the Lord being a bond-servant, is the Lord's freedman.—*I Cor. 7:22.*

TUESDAY, JANUARY 2

God, the law of good, the principle of Truth, is the law of my life.

NEVER think of yourself as under many laws. The unenlightened and unregenerate man lives in the belief that he is bound by many laws. The illumined man recognizes but one God and one law. We give up all belief in mortal laws when we realize that in Truth there is but one law, and that this is the law of good.

The law of Christ Jesus sets us free from all belief in mortal law. When Christ rules us as the law of life, we cannot be ruled by a law of death. When Christ rules us as a law of good, no belief in evil or its so-called law can rule us. We can see that when we believe in Truth, we believe there is only God and only His law of good.

There is no law of disease existing for him who knows only God as the law of life. He knows that there is but the one law. There is no law of ill luck or misfortune to him who recognizes God as the law of his success and supply. He knows that neither disease nor failure can have any principle back of them and that only the good is sustained by Principle.

Think of God as the only law in your life.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.
—Rom. 8:2.

WEDNESDAY, JANUARY 3

I abide in peace today because I live in the consciousness that nothing external to me can disturb the peace of Christ within me.



CHRIST in the midst of you is peace. When your attention is directed to His presence, nothing in the world about you can disturb you or take your peace from you. You come to realize that nothing can affect the peace of Christ within you.

Think of your peace as something constant even as the presence of Christ within you is constant. Do not think of this presence as ever being affected by things of the world. The presence of Christ as peace is undisturbed by external things and situations. In Truth, your peace is the peace of Christ ever constant and unchanging.

If you would live a peaceful life, entertain only peaceful thoughts. Keep out of mind every thought that would destroy peace. Erase from mind every belief that would be antagonistic to the peace of Christ within you.

With your thought centered upon the presence of Christ within you, nothing can take your peace from you. Neither person nor thing can conspire against your peace.

My people shall abide in a peaceable habitation, and in safe dwellings, and in quiet resting-places.—*Isa. 32:18.*

THURSDAY, JANUARY 4

*I am relieved of all anxiety because
I trust in God in all things.*

THE PERSON who trusts in God has no occasion to be anxious. He knows that all his affairs are in God's keeping. He realizes that anxiety is a mark of lack of confidence in God and seeks to trust God more and more.

We relieve ourselves of anxiety about external things when we turn in confidence to the presence of Spirit within us. We come to know that there is no occasion for anxiety, that all our affairs are being taken care of by the Spirit of wisdom, order, justice, and success. We willingly cast our burden upon the Lord.

Do you not feel, when you are not anxious about your affairs, that some mighty power is directing you and your life? Do you not instinctively know that this power is from heaven? Your trust in God, when you are not anxious, should be so developed that you may never again know anxiety. You must trust God so completely that you do not believe that anything can oppose the work of God, the good.

If you are anxious about something right now, change the current of your thought.

Cast thy burden upon Jehovah, and he will sustain thee.—*Psalms 55:22.*

FRIDAY, JANUARY 5

The power of God in the midst of me causes me to know that He alone is omnipotent.



THE MORE we think of the omnipotence of God, the less we believe in some rival power. In Truth, God alone is omnipotent; in the mind of man still in darkness, God has an opposite: evil. As we meditate on the allness of God, we cease to believe that evil can exist in Truth.

Knowing that God is omnipotent, we begin to think less and less of sin, evil, disease, and lack. We realize that He prevails in us and in our affairs as omnipotent good. We discover the mighty truth that evil becomes as nothing when we think of the omnipotence of good.

The all-powerfulness of God must early be understood in the study of Truth, otherwise the student will not be able to understand the nature of evil or that which is unlike God. He can get rid of disease by metaphysical treatment only through realizing God's omnipotence. He can be free from the belief in lack only by knowing that the power of God prevails as the source of his supply.

Our lesson today directs us to realize that God alone prevails and all else is powerless.

The God of Israel, he giveth strength and power unto his people.—*Psalms 68:35.*

SATURDAY, JANUARY 6

The presence of God within me causes me to realize that He is omnipresent good.



HERE is but one god—God, the good. There is no other being, presence, or reality in Truth. There can be no presence of evil in Truth because of omnipresent good. That evil exists is man's opinion until he comes to know of the omnipresence of God.

If we are to believe in God's omnipresence, we are compelled to believe that evil has no presence in Truth. Evil becomes but a misconception when we correct our thought and think of God as enjoying all the presence there is to enjoy.

The person who seems to have a great deal of evil in his life virtually believes in the omnipresence of evil. Certainly, for him, evil is more present, more real, than is God, the good.

Man thinks in terms of evil when he thinks the opposite of Truth and of good. He thinks of disease as having presence until he realizes that God prevails as health and life. He becomes healthful when he realizes that disease has no place in him or in his life. He arrives at the place where he knows that God is everywhere present.

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*

SUNDAY, JANUARY 7

*I rejoice knowing that Christ in me
ever rejoices.*



WHEN persons and things in the external world seem to keep you from being happy, turn in thought to Christ in the midst of you. Cease to pay any attention to that which seems to take joy from you, and give your thought to the source of joy.

The person who does not have joy believes that it is something that has to do with the condition of external things. He believes that persons and things of the world about him have power over his joy. He thinks that his joy increases or decreases according to the state of things in the world around him. In Truth, he learns that joy emanates from the indwelling presence of Christ.

Your joy depends upon one thing: your ability to keep your thought centered upon the presence of Christ within you. Your joy decreases when you think that the source of it is external to you. If you believe that your source of joy is apart from you, you will find that it becomes the source of unhappiness, too.

Live in the constant realization that Christ in you inspires you ever to joy and happiness.

Thou hast put gladness in my heart.—*Psalms*
4:7.

MONDAY, JANUARY 8

*Christ, divine love, in the midst of
me radiates love to all persons.*

WHEN WE are conscious of the presence of Christ as love within us we cannot be unloving and unkind. We cannot help radiating love when we entertain only thoughts of love. We cannot believe that hate can be present in another when we see him filled with the presence of Christ.

Be loving toward all, because in Truth you are not privileged to take any other attitude. To be unloving is to act against the Spirit of God. To think of another person in an unloving way is to think contrary to the dictates of Spirit. We can see that if we allow ourselves to be prompted by Christ within us, we shall always think and act lovingly.

Christ as love is ever radiating from us, and we need to be sure that we do not think unloving thoughts and thereby miss the force of His love. The unloving thoughts that we think do more to deprive us of joy, health, and success than anything else. Unloving thoughts alone are responsible for our keeping ourselves out of the kingdom of heaven and away from the blessings that heaven bestows.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

TUESDAY, JANUARY 9

The kingdom of heaven is not in the distance or in the future. It lies within me.

DOES HEAVEN mean to you some place existing off in space that you will discover in the future by way of disease and death? Or have you found that heaven is in the midst of you? Have you found that heaven is reached by going the way of light, health, and victory?

Man reaches heaven when he reaches the consciousness of perfect harmony. There can be no other heaven. Were he placed in a geographical heaven without such a consciousness, it would not be heaven to him. When he possesses the consciousness of heaven, heaven must become manifest to him.

Heaven lies within us. We can never be separated from it except by the barrier that we set up by adverse thinking. Nothing can keep us out of the consciousness and enjoyment of heaven save our negative beliefs. We can reach the consciousness of perfect harmony only by thinking harmoniously at all times.

Resolve today to keep your thought in heaven. This will help you to reach a consciousness in which heaven becomes real and tangible to you. Heaven is within you.

Seek ye his kingdom, and these things shall be added unto you.—*Luke 12:31.*

*Thinking thoughts of Truth, I reach
spiritual consciousness and the mind
of God.*



WE CAN never know the mind of Truth as other than our own spiritual consciousness. We can identify ourselves with this mind only by thinking spiritual thoughts, thoughts of absolute Truth. The mind of God is all wisdom, all knowledge. Do not think of the mind of God as working like the human mind. By the operation of your mind, you become identified with the divine wisdom known as Divine Mind.

There is but one spiritual consciousness and consequently only one mind or understanding of Truth. We may be either mortal-minded or spiritual-minded. The character of our mind depends on whether we think mortal or spiritual thoughts. If we try to entertain both mortal and spiritual thoughts, we are dual-minded. The truth still remains that there is but one God and one spiritual consciousness.

We become spiritual-minded through rising above mortal and carnal thoughts by our study and knowledge of Truth. We get into the right mind, the right mental attitude, about all things. This right-mindedness is the mind of Truth.

Bringing every thought into captivity to the obedience of Christ.—II Cor. 10:5.

THURSDAY, JANUARY 11

I patiently witness the work of the Spirit of good now being done in me and in all my affairs.

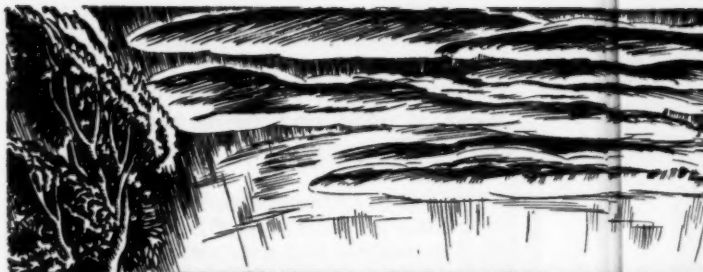
HAVE YOU learned to be patient, to witness the workings of Spirit even when, according to appearances, things seem to be going against you? If you can be patient when there is little evidence of the workings of Spirit, you have learned the lesson of patience.

The patient person has learned to be true to Spirit even when there is evidence of impending disaster. He has learned to look past the evidence of coming disaster and to behold evidences of the workings of Spirit. He is patient because he knows that the power of Spirit will prevail and that all things will be adjusted in divine order.

If you would be more patient, think more often of the goodness of God. Realize that the Spirit of good is ever working in you and for you. You must look beyond adverse appearances and see the good coming right into manifestation.

Patience is the reward of him who is undisturbed by external events because he is true to the Spirit of good and is assured that only good will be manifested in his life.

By patience in well-doing.—Rom. 2:7.

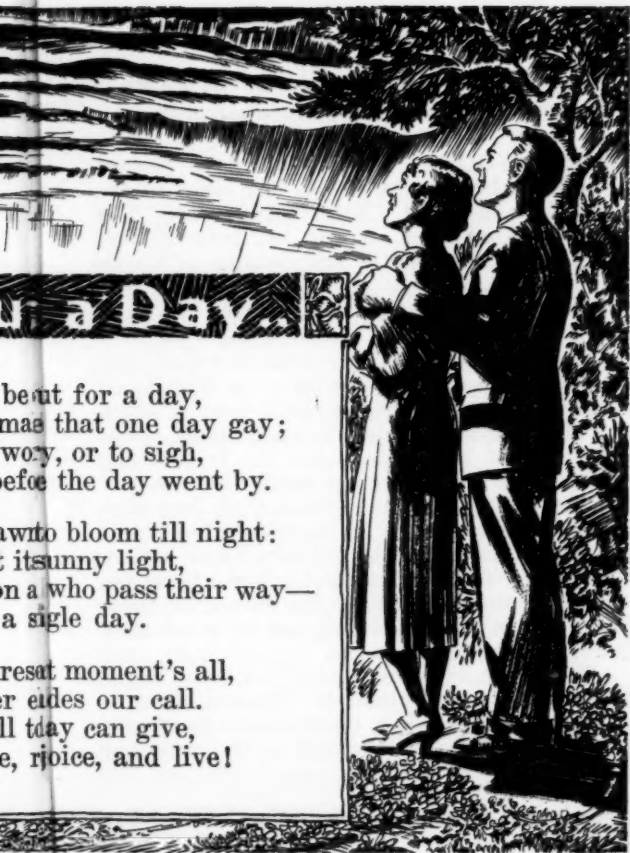


If Life Were But a

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If life were really one day long, we'd mae that o
We'd never take the time to frown, to worry, or to
We'd get the good we could from life befoe the d

Some flowers grow that open wide at dawito bloom
They keep their faces to the sun, reflect itsunny l
They shed their beauty, perfume sweet on a who pa
And all they ever know of life is but a sigle da

In Truth, we've but today to live, the presat mom
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FRIDAY, JANUARY 12

The presence of Christ, supreme courage, in me makes me unafraid.

IF YOU are fearful, you have become so because you have lost sight of the presence of Christ within you. You have given power to persons and things and forgotten the omnipotence of Christ in the midst of you. You have thought that things could harm you when Christ in you is ever your protection.

When you are afraid, you have to deal with your own thought and reaction, not with other persons or things. The world of fear in which you plunge yourself when you are afraid is but the world of your mind, and the frightening specters you behold are but mental images.


The fearful person is filled with fear that he himself produces. He may even be afraid of things that could not possibly harm him in any wise. There is no doubt that there are more persons harmed by the effect of their fear thoughts than are harmed by what they fear.

If you would cure yourself of fear, learn to discipline your thinking. When a thought of fear comes to mind, neutralize it by thinking Truth. Turn in thought to the presence of Christ within you.

God gave us not a spirit of fearfulness; but of power and love and discipline.—II Tim. 1:7.

SATURDAY, JANUARY 13

The cleansing, purifying, strengthening life of Christ in me cleanses, purifies, and strengthens me.

HE LIFE of Christ is ever in us. When we discover it through Truth, we find that it is a cleansing, purifying, and strengthening stream. His life is our life. We live because He lives in us. Our life could not exist apart from Him.

Living successfully is a matter of recognizing that Christ in the midst of us is living. We are able to do all things because of our oneness with Him. We are able to manifest bountiful health because of our consciousness of His life.

Our life is cleared of all adversity when we realize the purity of the life of Christ within us. We know that He cleanses us and that we give expression to His pure life. In this realization we make ourselves channels for the manifestation of more and more life. We live in the realization that there is no life apart from Him, no life separate from the life of Spirit.

In order to be thoroughly alive we must let the life of Christ in us have full expression in and through us. We must be willing to let this life fill us completely.

Thy life shall be clearer than the noonday.
—Job 11:17.

SUNDAY, JANUARY 14

I no longer doubt the goodness of God. I have perfect faith in Him.

IN ORDER to have perfect faith in God, we must realize that He is the one and only presence and power and that He is also good. By thinking this truth we come to the realization that no other presence and power can operate in our life. We increase our faith in God and cease to believe in any other presence or power. When we do not have faith in God, we show that we have faith in some opposing power.

The faithful person, the one who has faith in God, readily brings good into manifestation in his life. He works in conjunction with God. He has no doubt in his mind that serves as a barrier to keep his good away. He thinks in harmony with Truth, and his thought attracts good to him.

By faith we keep mental channels open to receive inspiration from God. We open ourselves to receive the very blessings of heaven. We become alert to the voice of Spirit and are led into that which is for our highest good.

We increase our faith by taking notice of every evidence of God's goodness. Believing in Him when smaller blessings come to us, we quicken our faith to receive more abundantly.

Jehovah preserveth the faithful.—Psalms 31:23.

MONDAY, JANUARY 15

The Spirit of good and righteous judgment in me prompts me to be just in all my dealings.



THE STUDENT of Truth who has understood the justice of Spirit must be just toward all persons. He cannot be unjust when he knows something of the righteous judgment of Spirit. He cannot practice entering spiritual consciousness and leave this consciousness to deal unjustly with his fellows.

God is always just. He ever inspires us to righteousness and justice. His will is never injustice, and when we deal unjustly with others we act in opposition to Him. We act contrary to His bidding.

Divine justice carries with it no memory of hurt feelings, revenge, and unforgiveness.

If you would have others be just toward you, you must be just toward them. You must keep out of mind every belief in injustice. Such a belief would only serve to bring injustice to you. Your being unjust toward another awakens you to the consciousness that attracts injustice. Your consciousness of justice causes others to be just toward you.

Except your righteousness shall exceed *the righteousness* of the scribes and Pharisees, ye shall in no wise enter into the kingdom of heaven.—*Matt. 5:20.*

TUESDAY, JANUARY 16

*This morn I awaken to new ideas,
new opportunities, and a new world.*

EACH MORNING we can enter a new world through the new ideas that come to us. We can see our associates in a new light. We can behold ourselves grasping new opportunities. The world takes on a new look when we give up old and useless ideas and see it from a new viewpoint.

We renew our life by thinking new thoughts. We transform our affairs by impregnating them with new ideas. Ideas come to us from the Spirit within us and serve to lead us to more and more blessings of Spirit.

The person who is alert to new ideas draws new blessings to him. His ideas attract prosperity and success. He is ever breaking old shackles in order to be free for the new life.

Resolve each morning to live in a new world. Make yourself receptive to new ideas. Let these ideas lead you into something better than what you enjoyed the day before. Let your world expand and become enlarged with new blessings.

Greet the day with the realization that it brings you into new surroundings, new and happy experiences. Expand your life by contact with new worlds.

Renew a right spirit within me.—*Psalms 51:10.*

WEDNESDAY, JANUARY 17

*Christ in me, divine perfection, now
is manifest, and I realize that in Truth
I am the perfect child of God.*

WE CEASE to think of personal imperfections or shortcomings when we catch the vision of our perfection in Spirit. We no longer think of ourselves as imperfect when we realize that in Truth we are created perfect.

Man loses sight of his perfection when he loses sight of his Father. Unless he realizes his oneness with the Father, he thinks of himself as imperfect. He thinks of himself as a child of flesh until he realizes that he is the child of God, perfect and whole.

According to the first birth, man is born of man. According to the second birth, he is born of Spirit. He is quickened to the knowledge of his spiritual heritage. The first birth brings with it certain trials and tribulations of the flesh. The second birth brings the realization of spiritual identity and heavenly blessings.

The extent to which we can manifest the perfection of Spirit within us depends entirely upon our ability to cease thinking of ourselves as of the flesh and to realize our kinship with God.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*

I am no longer undecided about what to do. The Spirit of wisdom reveals to me the path I should take.

INDECISION comes from believing in two choices. In Truth, we find that there is but one path, the way of Spirit. Any other path that we might consider would be in opposition to Spirit. We should seek to find the way that Spirit directs us to take and be willing to go that way.

When we go the way of Spirit, we are assured of light, peace, joy, love, health, and plenty. Spirit knows no other way. In Truth our way is one of peace and success. Every blessing attends us when we go the way that Spirit chooses for us.

When you are in spiritual consciousness, there cannot be any indecision or any alternative to consider. Spiritual consciousness directs you into the way of your highest good. Your indecision changes to a positive knowing and the right way is revealed to you.

Always think of yourself as being directed toward your highest good. Do not think of any other way. Know that you are guided into the right path and that all good will come to you from following it.

Make straight paths for your feet.—Heb. 12:13.

FRIDAY, JANUARY 19

The light of Christ in me is the light that illumines me and reveals to me my highest good.

MAN came into the world bearing the light of God, but that light is within him. His creator sent him into the world not ignorant and without light but having within him the very Spirit of light. He may think of himself as ignorant, but the truth is that he is the illumined child of God.

Until man knows this, he may live in darkness. He may think of himself as separated from the heavenly light, the light of wisdom. In this darkened consciousness comes the first ray of Truth to reveal to him his divine sonship and consequent light and understanding.

If you need more light on your problem, if you need more understanding in meeting the issues of life, cease to think of yourself as without light. Turn to the Spirit within you and be illumined. Let your highest good be revealed to you. Let the Spirit of light show you what you would have revealed. That which is hidden or lost will be shown to you. The thing you seek will be discovered.

We declare for you the mighty Truth of Spirit, which illumines you and reveals your higher self to you.

Jehovah is my light and my salvation.—*Psalms 27:1.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

January 20 to February 19

+ + +

ILLUMINATION

*Through the Spirit of truth within
me, I know, see, hear, and speak only
Truth.*

+ + +

HEALING

*I am strengthened and healed by the
power of the Spirit in the inner man.*

+ + +

PROSPERITY

*The Spirit of truth quickens and in-
creases my innate spiritual riches, and
abundance appears in all my affairs.*

SATURDAY, JANUARY 20

*The healing presence of Christ in me
destroys every evidence of disease, and
I am aware of my perfect health.*

INSTEAD of thinking of yourself as diseased, realize that in Truth you have within you the presence of Christ, the presence of health. Instead of thinking of disease as having some power over you, realize that there is only the power of God as health.

The healing presence of Christ within you is mighty to keep you in perfect health. Rise to the consciousness that Christ within you is freeing you from all belief in disease and establishing Himself in your body as the presence of bountiful health. Realize that your health is constant because the presence of Christ in you is constant.

Christian healing is a matter of the individual's being quickened to a consciousness of wholeness by having his attention directed to the healing presence of Christ within him. His thought is taken off disease when he beholds the presence of Christ. He realizes his oneness with Christ and His life.

Abide in the consciousness that Christ heals you and is ever inspiring you to a greater appreciation of health.

I will take sickness away from the midst of thee.—*Exod. 23:25.*

SUNDAY, JANUARY 21

*I am a child of my heavenly Father,
rich in His riches, sufficient for my every demand.*

IF YOU have thought of yourself as a child of misfortune and lack, think instead about your relation to God. Claim Him as your Father and behold yourself as His heir. Know that all that He has is yours. Realize that He inspires you with rich ideas and discloses your prosperity to you. As a child of God, you cannot know poverty or misfortune.

Let no adverse thought play upon your business. Think constructive and prosperous thoughts and see these as manifesting themselves in your business as prosperity. The state of your business shows the state of your consciousness.

Bless your home with the thought that all that you need is becoming manifest there. Let no thought of lack prevail. Teach every member of the household to believe in supply. Think of your heavenly Father as the source of your supply and be confident that He will supply all your needs.

God now reigns in you and in your life as both supplier and supply, substance and prosperity.

Have their hope set . . . on God, who giveth us richly all things to enjoy.—*I Tim. 6:17.*

MONDAY, JANUARY 22

I am now free from personal consciousness; no longer affected by what other persons think, say, or do.

IN PERSONAL consciousness, we think that other persons can affect us. Our world seems to be filled with persons who have power over us. Wherever we turn we have personal problems. We think of the selfishness of people and see every one as having but one purpose in life: that of looking out for himself.

In the impersonal or universal consciousness, our thought is turned to God within man and we cease to regard personality. We are loving and kind to all persons, regardless of who they are or what is their station in life. We learn to see the child of God.

As long as we live in the personal consciousness, we have to consider personality. When we live the impersonal life, we cease to think of personal power, selfishness, or self, and we think only of the impersonal. In Truth, other persons have no power over us. Their being in personal consciousness cannot affect us in any wise. We need but enter that high impersonal consciousness in which only Truth and God prevail and only good is manifest.

Jehovah your God, he is God of gods, and Lord of lords . . . who regardeth not persons.
—Deut. 10:17.

TUESDAY, JANUARY 23

In the forgiving consciousness, I realize that Christ in me is always forgiving.

DO NOT hold yourself or another in the thought of sin in the past. Realize that Christ within you is ever forgiving and that you have but to turn to Him in order to enter the consciousness of forgiveness. You cannot even call to mind any sins of yesterday if Christ's work of forgiving has been completed in you. Of course, at times the soul has some trying experiences until forgiveness is complete. You must, however, set your heart on full forgiveness and know that it is being given to you. Those who spend years in self-condemnation and accusation but impede the work of Spirit.

Realize that you cannot stand aloof from Christ's love and forgiveness. You cannot prevent forgiveness from taking place if you do your part. Christ forgives you only when you are ready to be forgiven and when you have complied with the terms of forgiveness that He reveals to you in the secrecy of your heart.

Be forgiving toward others even as you would have Christ be forgiving toward you. Enter that high consciousness in which you know that Christ forgives.

Her sins, which are many, are forgiven.—*Luke 7:47.*

The Truth of Christ, now revealed to me, frees me from thinking falsely about myself and about others. Christ, the Truth, now prevails.



RUTH is Christ's philosophy of life as revealed to suffering humanity. Jesus came as a messenger to mankind to teach the Truth that would free man from sin, evil, fear, disease, and lack. He brought the Truth that frees man from falsehoods and misconceptions. He gave man salvation from sin and error.

When Truth dawns upon the horizon of man's thought, falsehood must go. Try to believe a lie after you know the truth and you will find that you are trying the impossible. You cannot believe that three and four make eleven when you know that their true sum is seven.

Truth occupies a prominent place in the consciousness of the student of Christ's teachings. He knows that the Truth of Christ is his freedom from that which is untrue in the sight of Christ. He realizes that the false and untrue cannot exist in his mind and in his body when Christ, the Truth, is uppermost in his thought. He knows that nothing can prevail against the Truth of high heaven.

When he, the Spirit of truth, is come, he shall guide you into all the truth.—*John 16:13.*

THURSDAY, JANUARY 25

Christ in the midst of me ever increases, and I grow in spiritual consciousness.

THERE IS one teaching of Truth that is more important than any other: that is, that Christ is in us. If we can grasp this in its fullness, we need to know little else. When we know that Christ is in us, we realize that His presence and power casts out all belief in adversity. We realize that since Christ is in us, neither sin nor disease can be in us.

As we feel the presence of Christ in us we develop in spiritual consciousness. We are less conscious of adversity. We realize more and more that with Christ within us nothing in all the world can prevail against us. Christ becomes all in all to us. We know that we can do all things through Him.

Christ in you is your innate power to cast out of your body and out of your life every unwelcome or disagreeable thing. The presence of Christ is holiness. No unholy thing can live in His presence.

As you increase in spiritual consciousness, you will realize the might of Spirit. You will come to know that through Christ in you you open up a world in which Christ, the good, dominates.

Christ be formed in you.—*Gal. 4:19.*

FRIDAY, JANUARY 26

The Spirit of God exalts me above every adverse situation, and I abide in heaven.

DO NOT think of persons, things, or situations as having power to cast you down. The Spirit of God in you ever exalts you. Through the consciousness of Truth, you are exalted above every adverse circumstance. There is that within you which lifts you up when things of the world would seem to debase you.

Spiritual exaltation comes from spiritual consciousness. We realize that the Spirit of God in us exalts us to high heaven. Nothing of the world can cause us to lose our high vision. Mystics and sages of all ages have experienced this lifting up and enjoyed the ecstasy of spiritual exaltation.

Exaltation can come only through exalted thoughts. If you would know spiritual exaltation, you must think high and lofty thoughts. You must think heavenward in order to experience the joys of the heavenly consciousness.

Abide this day in the realization that you live in heaven, the realm of perfect harmony. You will transform conditions about you this day through this high realization of Truth.

Now will I arise, saith Jehovah; now will I lift up myself; now will I be exalted.—*Isa. 33:10.*

SATURDAY, JANUARY 27

I relax from mental and physical tension, realizing that all my affairs are divinely adjusted.

TENSION in mind and in body comes from thinking of external things as having power over us. We think of our affairs as proving to be too much for our handling. We feel unable to adjust situations. Finally comes the realization that we have within us the presence of Christ, the power to adjust all things with infinite wisdom.

In order to be free from tension, we must keep the mind free from tension-producing thoughts. We must not allow ourselves to believe that we cannot cope with situations. We need to know that we have power over every situation in our world.

You will not become tense when you learn to trust God. You will not fear external things or believe that they can conspire or contrive anything against you. You will know that through Christ in you, you can command your world.

Abide today in the realization that all is well. Know that all your affairs are in the keeping of God since you have placed yourself under His care and protection.

He leadeth me beside still waters.
He restoreth my soul.

—Psalms 23:2, 3.

*I abide in the stillness and quietness
of Christ in me.*

IN THIS simple affirmation our thought is directed away from the noise and confusion of the outer world and directed to the presence of Christ within us. We turn our attention to His stillness and quietness. We no longer think of the noise and disturbance of the outer world as able to draw our attention from Christ.

In the quietness and stillness of the "great within," we unify ourselves with spiritual forces. We become filled with Spirit and we realize that things of the outer world can no longer disturb us. We find the great quietness within us and know that nothing in the world can take it from us.

Abiding in the consciousness of stillness, we find that our world becomes still. We are free from all sense of noise and confusion when we abide in the consciousness of the stillness of Christ within us. We live in the realization that from this presence stillness penetrates to the end of our world.

From this inner sanctuary of stillness goes forth a spiritual force that floods our whole being. We realize that the presence of Christ has stirred and quickened us.

The effect of righteousness, [shall be] quietness and confidence for ever.—*Isa. 32:17.*

MONDAY, JANUARY 29

I am no longer critical of other persons. I rejoice to praise the good in all my associates.

THE CRITICAL person looks for shortcomings in others. He criticizes that in others which he would tolerate in himself. He seeks evil and, exemplifying a certain law of thought, he finds it. He justifies his own action by thinking that by pointing out the evil he will help bring the good into evidence.


Those who are engaged in looking for the good find it. They become so interested in seeing the good increase that they give little thought to shortcomings. They find that finally only good comes to view. By the law of praise they cause good to be manifested so that evil is displaced and overcome.

Do others condemn you? Then you have the thought of condemnation that attracts this to you. If you condemn others you can expect to be condemned. You can expect the consciousness that causes you to condemn others to draw to you condemnation. If you have the consciousness that makes you praise others it will also cause others to be led to praise you. This is according to a law of psychology by which thought attracts thoughts of its kind.

Behold, the Lord Jehovah will help me; who is he that shall condemn me?—*Isa. 50:9.*

TUESDAY, JANUARY 30

By prayer, the consciousness of my oneness with the indwelling presence and power of Christ, I can do all things.

N OUR affirmation for today, we incorporate our definition of prayer for the purpose of having this in our mind throughout the day. We believe that most of our students no longer think of prayer as supplication and beseeching. The practical Christian has studied prayer to such good purpose that he does not ask God for what he wants; he simply realizes that God is giving it to him. He enters the consciousness of the presence of God and of the good that he seeks. This is called praying in the Spirit.

The realization of our unity with the presence and power of Christ within us is true prayer. It is the prayer that results from spiritual understanding. We are conscious of our oneness with Christ in us and of our unity with His power. We realize that in Truth there cannot be the presence of lack, that we cannot lack the thing we need, since Christ as our supply is present. We know that no power can keep our good from us, since Christ is the only power in Truth. Our prayer is answered when we reach the spiritual consciousness in which we behold what we seek as actually ours.

I will pray with the spirit, and I will pray with the understanding also.—*I Cor. 14:15.*

I am no longer burdened by the sense of time. I live in the blessings of today.

IN ORDER to free ourselves from the thought that we are limited by time, we must get rid of the belief that we are bound either by the past or by the future. We must realize that in Truth there is only the eternal now, unaffected by man's ideas of time. In Spirit there is neither yesterday nor tomorrow. In the absolute, there is only the present moment.

When you look to the past and become bound by unpleasant memories or look to the future in anticipation, you fail to get the good that you should out of the present. Past and future are but pale shadows of the only real time, the now. Neither the word "past" nor the word "future" can ever be more than a symbol of time to us. The present moment is the only standard by which we can give any meaning either to the past or the future.

Learn to live in the present moment. Train yourself to anticipate good right now and to enjoy life now. Live in the time of Spirit and receive the spiritual blessings that are yours to enjoy. Your good will come to you today if you are receptive to it and appreciative of it.

Redeeming the time, because the days are evil.
—Eph. 5:16.

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To God belongeth the east and
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ye turn yourself to pray, there is
the face of God; for God is omni-
present and omniscient.

—From the teachings of Islam.



